

# Q&A with Leyla: Are diets containing meat dangerous?

written by Dr. Ronald Hoffman | April 16, 2026



Are diets containing meat dangerous? The best assisted living models; Are butyrate supplements beneficial? Is iron overload a risk factor for heart attack? Nattokinase for blood pressure? Is there a danger of clot relocation when taking systemic enzymes? And more!

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# Environmental Toxins and Autoimmune Wellness with Dr. Aly Cohen

written by Dr. Ronald Hoffman | April 16, 2026

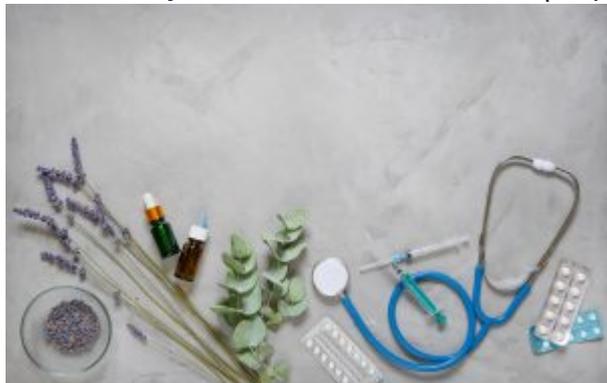


Explore groundbreaking ways to manage autoimmune conditions using integrative strategies. Integrative rheumatologist Dr. Aly Cohen reveals how the right supplement regimen and a mindful lifestyle can transform your health. Plus, discover how everyday toxins impact your health and ways to defend against them.

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# Healing Modern Medicine: Restoring Trust and Health Freedom

written by Dr. Ronald Hoffman | April 16, 2026

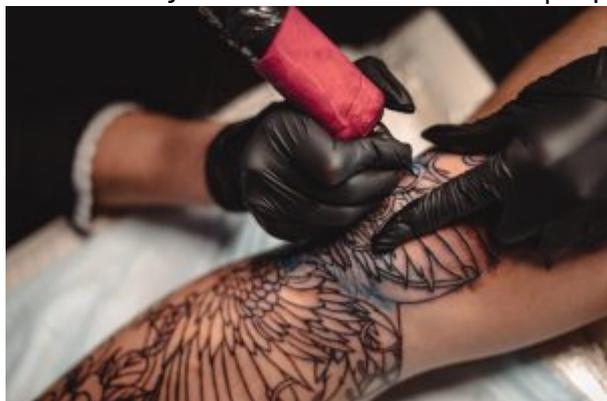


Healthcare confidence is declining. Dr. Aaron Kheriaty, author of “Making the Cut,” discusses how we can heal modern medicine. Explore the challenges of healthcare reform, medical ethics, and the push for a new paradigm in medical practice. Check it out!

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# Intelligent Medicine Radio for April 11: Tattoos Carry Long-Term Health Risks

written by Dr. Ronald Hoffman | April 16, 2026



Renewed interest in muscle as promoter of overall health and metabolism; The key role of urolithin A (Mitopure®) for supporting muscle function. Is DHEA a reasonable supplement for post-menopausal women? CEO of large hospital system makes controversial call to replace radiologists with AI; Scientists discover link to toxic microbiome byproducts in causation of ALS; When

depression-sufferers lose all interest in food; Eating plenty of fresh fruits and vegetables incurs risk of bio-accumulation of pesticide residues; Tattoos carry long-term health risks; And more!

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## **Q&A with Leyla: Are there any drawbacks to eating canned fish?**

written by Dr. Ronald Hoffman | April 16, 2026

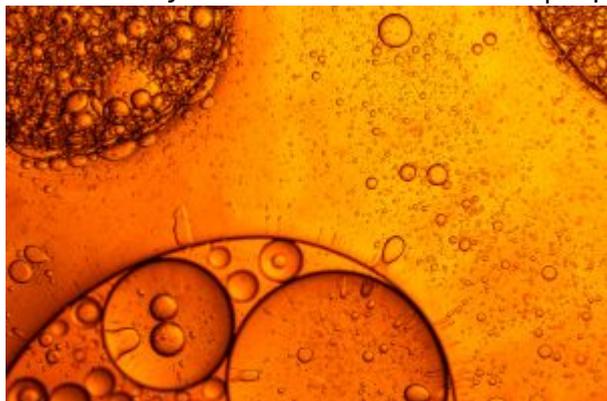


The benefits of sauna; The Take Back Your Health Tour; Milk thistle interactions with drugs; Low-dose saw palmetto for hair growth? Is monk fruit a safe sweetener to use? Would strontium help in the healing of lumbar fractures? How about as a preventive? Are there any drawbacks to eating canned fish? And more!

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## **Next-Generation Fish Oil and More with Dr. Jeffrey Bland**

written by Dr. Ronald Hoffman | April 16, 2026



Excited to share my latest podcast episode with the legendary Dr. Jeffrey Bland, the godfather of Functional Medicine. We dive deep into the origins of functional medicine and its crucial role in healthcare today. And Dr. Bland details the benefits of Big Bold Health's next-generation fish oil, Omega-3 Rejuvenate. Check it out!

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## **Battling the Food Giants: How to Safeguard Our Nutrition**

written by Dr. Ronald Hoffman | April 16, 2026



Are you aware of the adulterants lurking in your “healthy” foods? Dr. Sina McCullough, author of “Hands Off My Food!,” exposes the realities of our food supply and how to defend your health and freedom. She offers solutions that empower you as a consumer. Don’t miss it!

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## **Intelligent Medicine Radio for April 4: The Ultimate Weight Loss Plan–The Boring Diet**

written by Dr. Ronald Hoffman | April 16, 2026



Social media and AI—the digital equivalents of ultra-processed junk food; Are natural non-caloric sweeteners—erythritol, xylitol, and stevia—safe? A pig's brain has been flash frozen and reanimated, signaling new prospects for cryopreservation after death; Dr. Jeffrey Bland weighs in on a new, enhanced form of fish oil from Big Bold Health; What are the health benefits of circumcision? The ultimate weight loss plan—the Boring Diet; Substituting famotidine for PPIs for reflux; And more!

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## **Q&A with Leyla: Farmed v. Wild Caught Seafood**

written by Dr. Ronald Hoffman | April 16, 2026



Highlights from my New Zealand bike trip; Is it possible to get enough protein from plants only? What about the downsides to animal protein? Thoughts on peptides; Is it true that the nutritional value of farmed seafood is the same as wild-caught? Milk thistle for elevated liver enzymes? And more!

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## **ENCORE: Chronic Pain: The Psychophysiological Perspective with Dr. David Clarke**

written by Dr. Ronald Hoffman | April 16, 2026



Is your pain all in your head? Not quite! Dr. David Clark from the Psychophysiologic Disorders Association details brain-generated pain and solutions beyond meds. Don't miss it!